



FOODS & NUTRITION PROJECT FOR 20__

What are 2 things you would like to learn in this project?

FINANCIAL AGREEMENT

I have the following financial understanding with my parents for the costs involved in this project.

- I pay for all expenses
- My parents pay for all expenses
- I borrow the money from my parents and pay them back.
- Other _____

(Member's Signature)

(Parent/Guardian Signature)

SKILLS LEARNED

Years in Project: ____

Skills	Learned or improved		Skills	Learned or improved	
	This year	Past years		This year	Past years
Read a recipe			Figure cost of meal		
Use kitchen hand tools			Make meal for self		
Made no-bake item			Process vegetables		
Mix, sift, blend, beat			Freeze items		
Know food pyramid			Set a table properly		
Measure ingredients			Frost/glaze item		
Kitchen safety/clean			Made nut. bag lunch		
Use stove/oven			Vegetarian meal		
Plan a meal			International meal		

Describe classes, workshops or learning experiences (inc. help from others).

FOOD PREPARED AND SERVED

Food prepared this year (inc. foods from 4-H project literature). Comment on things learned as you prepared each food.

Food Prepared	Times made	Easy/Hard	Comment

EXHIBITS / DEMONSTRATIONS

What did you exhibit?	When/Where	Placing

The worth or value of a 4-H project is measured by new things learned, time spent, enjoyment, in addition to the economic loss or gain. Tell about the new things you learned, the enjoyment, and the problems of your project.

Would you recommend this project to a friend? Why or why not?